



Mental health and wellbeing webinar

St Peters Medical Centre
Patient Participation Group
December 2020

Introductions

- Dr Becky Jarvis GP Partner
- Dr Claire Bowmer GP Partner
- Carol Witney Managing Partner
- Robert Brown PPG Chair
- Sunita Shier PPG



What is the patient participation group (PPG)?

A group of patients interested in health and healthcare issues, who want to get involved with and support the running of their local GP surgery

The aims of the Group are:

- To improve communication between the Practice and the Patients.
- To exchange information and ideas.
- To discuss recent or future developments which involve the practice and its patients.
- To consider patients concerns, comments or suggestions about the quality of the service provided and what improvements can be made.

Anyone registered as a patient of the practice can join – just ask reception or contact Carol Witney the managing partner

Why are we running this session

- 2020 has been a tough year for everyone and has made us reflect on mental health and wellbeing more than ever
- Covid lockdown has made it more difficult to do some of the things we do to help keep ourselves well
- We thought it would be a helpful point to share information on how to stay well and what to do if you are struggling
- There are lots of organisations and services to help support people with mental health
- We have several clinicians with a special interest in mental health

Welcome and ground rules

- This is our first virtual PPG meeting of this type – please bear with us
- During the presentations the audience will be on mute – if you have comments then please type them in the chat box and we will try and collate them as we go along as questions for the presenters at the end of each session
- We will have time for questions at the end of each presentation
- Please do not put any medical or personal information in the chat box – if you have personal questions after the presentation please ask then via the St Peters website using e consult
- The presentations are focused on mental wellbeing but may contain references to self harm or suicide
- We are recording the session and will post the presentation on the website together with the slides

Introductions and Programme

9.45 Welcome and introductions

10-10.30 Introduction to Mental Health and Mental Wellbeing

Break and questions

10.55-11.25 Mental health in men

Break and questions

11.45-12.15 Mental health in children and young people

Questions

12.30 End of meeting

Mental wellbeing and mental health problems

- In this session I will explain the difference between mental wellbeing and mental health problems – why we all need to work on our wellbeing and why we should not be ashamed about mental health problems



Mental wellbeing and mental health

Mental wellbeing

- Wellbeing or mental wellbeing can be defined as a combination of functioning well and feeling good. The World Health Organisation defines positive mental health as ‘a state of wellbeing in which the individual realises his or her abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community’.

Mental health problems

- Used to describe mental illnesses including anxiety, depression, personality disorders and psychosis

Why is mental wellbeing so important for all of us ?

- The evidence is that good mental wellbeing reduces the risk of developing illnesses such as diabetes – and if you have diabetes will help you manage it better
- It will help us live healthier and longer lives
- It feels good!

So spending time looking after yourself and doing things that you enjoy is as important as taking medication – and sometimes more so

Five ways to mental wellbeing – the evidence based way to help mental wellbeing

Try and do this every day !

- Connect
- Learn
- Be Active
- take Notice
- Give
- CLANG



Tame the Beast

It's time to rethink persistent pain



We also understand more about the impact of trauma and try and deliver trauma informed care



Why is mental health important to all of us ?

- Mental health problems are widespread, at times disabling, yet often hidden. People who would go to their GP with chest pains will suffer depression or anxiety in silence.
- One in four adults experiences at least one diagnosable mental health problem in any given year. People in all walks of life can be affected and at any point in their lives, including new mothers, children, teenagers, adults and older people.
- Mental health problems represent the largest single cause of disability in the UK. The cost to the economy is estimated at £105 billion a year – roughly the cost of the entire NHS.

NHS Five year forward view 2016

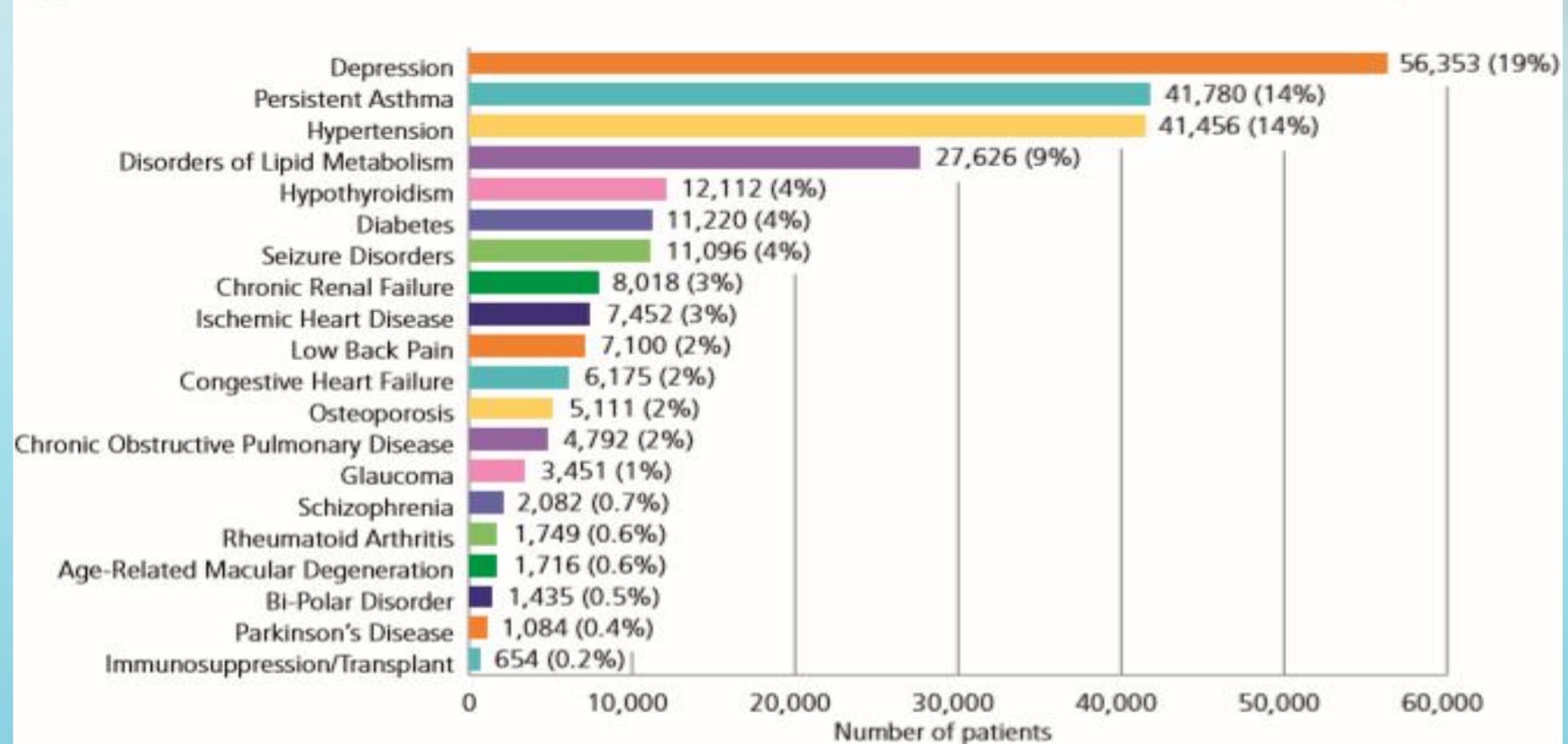
Attitudes to mental health do seem to be improving and more people are being open about their diagnosis

- Depression – Katy Perry, Winston Churchill, Emma Thompson, Lady Gaga
- Anxiety – Zayn Malik, Lena Dunham, Adele
- Bipolar – Stephen Fry, Catherine Zeta Jones, Selena Gomez
- OCD – David Beckham
- Borderline personality disorder – Paris Lees
- Addiction – Tony Adams, Daniel Radcliffe, Carrie Fisher
- Psychosis – Brian Wilson, Clara Bow

Having mental health problems should not stop you being successful. You cannot tell how someone is by looking at their photo

Mental health in Brighton and Hove

Figure 2 Number of patients with various long-term conditions, Brighton & Hove, January 2017



Source Brighton & Hove Public Health Intelligence team

Mental health in the pandemic



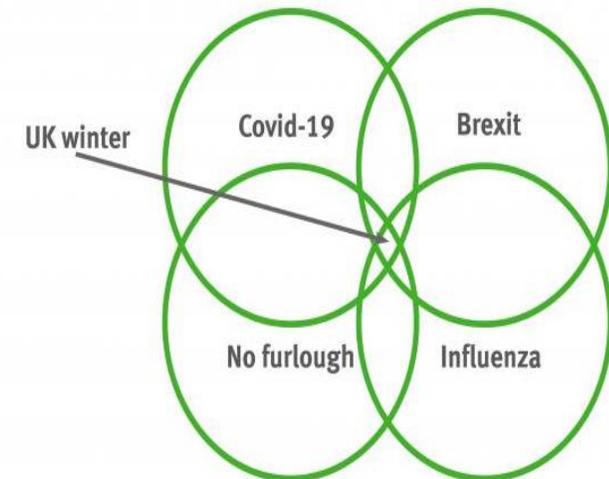
BRIEFING

Centre for Mental Health

Covid-19 and the nation's mental health
Forecasting needs and risks in the UK: July 2020
Curtis Sinclair, Nick O'Shea, Louis Allwood and Dr Graham Durcan

The cover features a photograph of a large group of people sitting on a grassy lawn under a large tree, with the Centre for Mental Health logo in the top right corner.

The Government and NHS need to prepare for rising tide of mental health difficulties this winter



How can St Peters help people with mental health wellbeing ?

- We are still open – and you can access clinical support for mental health problems in more ways than ever
- Via our econsult service on the website
- By booking a telephone consultation
- By booking a video consultation if you have access to a smart phone or laptop
- If a clinician feels it is best to see you face to face they will arrange this for you in a covid safe environment at the practice

We have a great team of people working with us to support you to stay well

- Social prescribers -Berta and Georgina
- Community Roots - [0808 196 1768](tel:08081961768)
- Health trainers and the Healthy Lifestyle team to help you keep active
<https://www.brighton-hove.gov.uk/health-and-wellbeing/support-be-active/support-health-trainer>
- Alcohol liaison nurse Sandy Holder linked to our practice
- Change Grow Live and RUOK for substance misuse support
- Smoking cessation support at the practice

Make sure you look after your physical health as well and book for an annual review if you have asthma, diabetes or serious mental illness, and don't forget your flu jab

If you do have a mental illness there is support available

- **Brighton Wellbeing Service** – self referral available for anyone over the age of 4 for talking therapy for anxiety and depression
- We have colleagues from secondary care mental health services (the **ATS**) working at the practice every Friday morning to help us access assessments of people with mental health problems
- **The mental health line** is available 24/7 across Sussex **0300 5000 101**
- **The Mental health rapid response service** is also available 24/7 for people who feel at risk **0300 304 0078**
- The Grassroots **Stay Alive App**
- **Community Roots** helpline

How to start a conversation about your mental health

- Remember that you're not alone. 30% of GP appointments are related to mental health
- Write things down – you can always email us initially if that helps
- Think about bringing a friend

And if someone tells you they are struggling

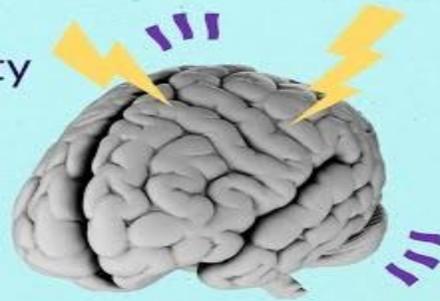
- Listen – let them set the pace of the conversation
- Don't judge – 'what have they got to be depressed about..'
- Don't make it all about you – 'I remember the time I...'
- Take them seriously

Break

Dealing with anxiety
& mental health
during a pandemic

Coronavirus advice

babylon



Any Questions?



Mens Mental Health

- A few Statistics regarding Mental Health and the concerns around suicide and suicide risks
- Men are less likely to talk about Mental Health, access support or talk about mental health – Why?
- How can we encourage conversations?
- Is Depression in Men different to Women?

Statistics and higher incidence rates

- 1 in 8 men suffer from a mental health problem like depression, anxiety panic disorder or obsessive compulsive disorder
- This is a reported number as so, so many go undiagnosed
- Female rates of depression are reportedly much higher than Males rates of depression
- Yet three times as many men as women die by suicide

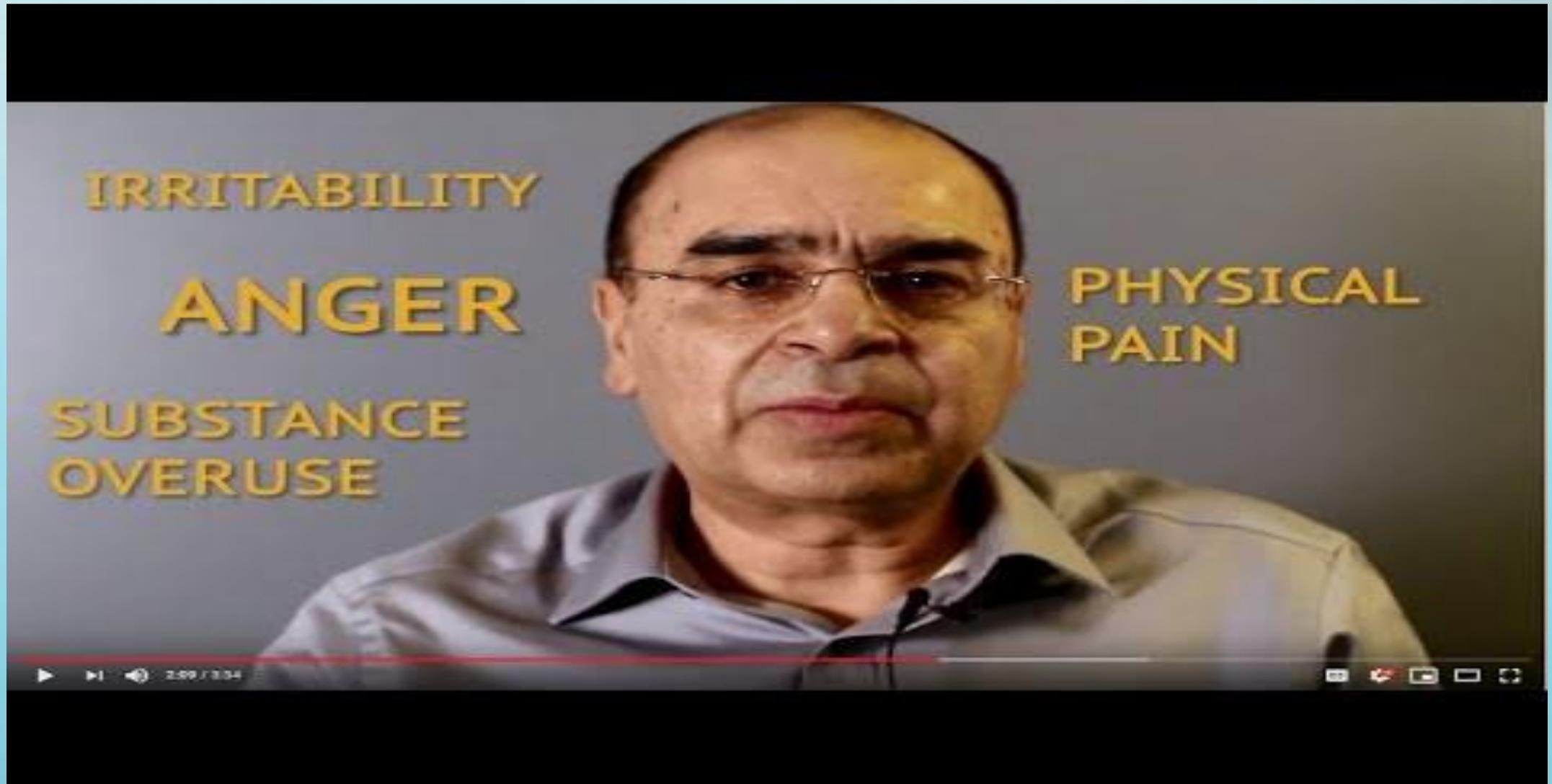
- Men aged 40-49 have the highest suicide rates in the UK
- Men report lower levels of life satisfaction than women according to the Government's national wellbeing survey
- Men are less likely to access psychological therapies than women: only 36% of referrals to NHS talking therapies are for men
- Nearly three-quarters of adults who go missing are men
- 87% of rough sleepers are men
- Men are nearly three times as likely as women to become dependent on alcohol, and three times as likely to report frequent drug use

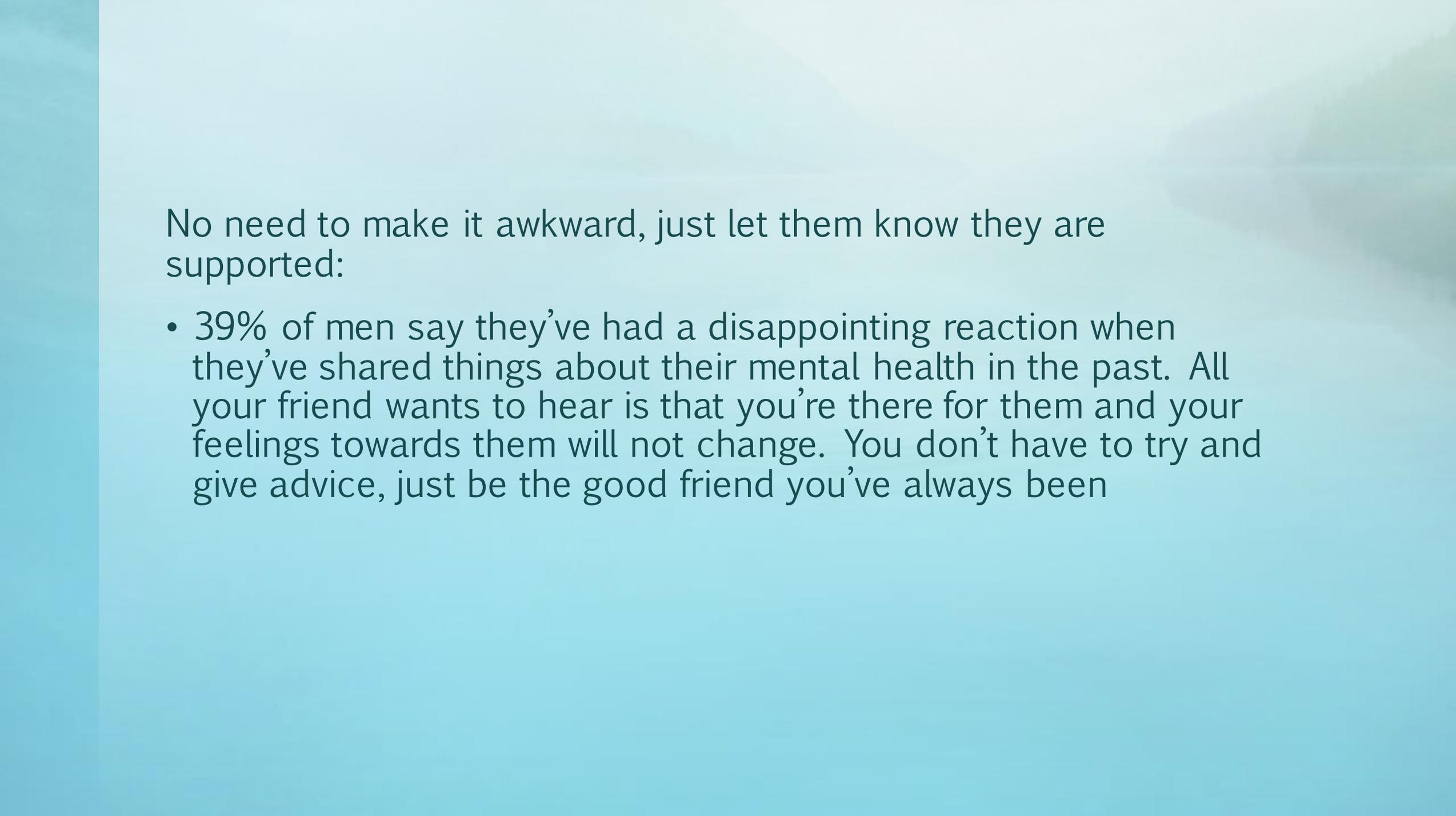
- Men are more likely to be compulsorily detained (or 'sectioned') for treatment than women
- Men are more likely to be victims of violent crime (1.5 more likely than women)
- Men make up the vast majority of the prison population. There are high rates of mental health problems and increasing rates of self-harm in prisons
- Other higher risk groups for Suicide are BAME and LGBT communities

Is depression different in Men

- While there isn't a different sort of 'male depression', some symptoms are more common in men than women
- These include irritability, sudden anger, increased loss of control, risk-taking and aggression
- Men may also be more likely to use alcohol and drugs to cope with their depression rather than talking about it.
- They may use escapist behaviour too, such as throwing themselves into their work

Mental health in Men





No need to make it awkward, just let them know they are supported:

- 39% of men say they've had a disappointing reaction when they've shared things about their mental health in the past. All your friend wants to hear is that you're there for them and your feelings towards them will not change. You don't have to try and give advice, just be the good friend you've always been

How can you BE There for Your Mate

“ If someone had reached out to me back then, I might have realised it was OK to talk about how I was feeling sooner.”

Barry



- 3 quarters of men would not feel able to talk to their friends about mental health
- Nearly 40% felt they would not be able to spot the signs that a friend wanted to open up

Be there for your mate

Ask Twice

- 1 in 4 of us experience a mental health problem in any year. And worryingly, the current restrictions on our lives mean men are missing out on support from those around them. So if a mate says he's fine, he might not be. A second 'how are you?' can make all the difference

Read between the lines:

- While some men might come right out and say they are dealing with mental health issues, 31% are more likely to say they are stressed and 30% that they are not feeling themselves. 35% of men said if they wanted to talk to a friend about their mental health they would ask how their friend is doing and hope they'd ask them back

If he's inviting you to go for a drink one-on-one, he might want to have a proper chat:

- 63% of men said they would be most comfortable talking about their mental health over a drink. Keep an any eye out for the hint. Try just listening and creating some space for your friend to share what's on their mind

Know when to end the banter:

- We all like a bit of banter from time to time, but it's also easy to spot when someone's not in the mood or they want to be serious. If you notice something is different about your friend, or your jokes aren't going down so well, ask how they are doing – and Ask Twice! Remember, 'grow up' and 'man up' are never helpful. 42% of men say phrases like that are conversation blockers.

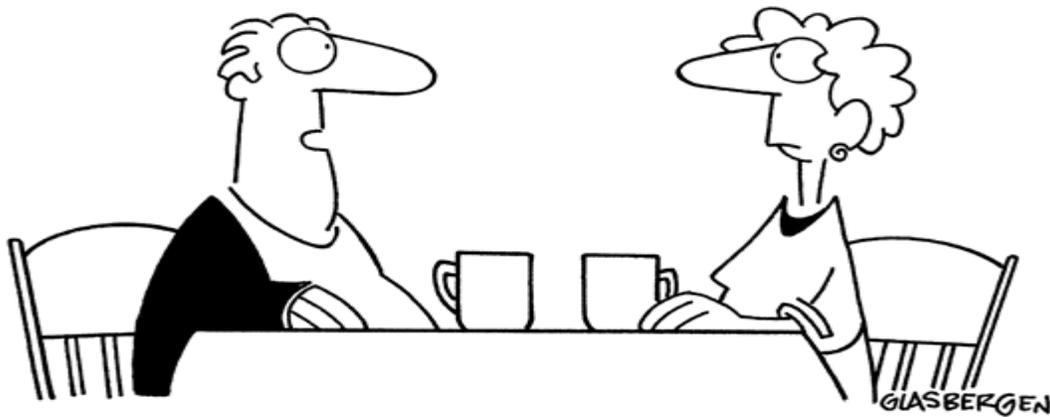


Top 10 Ways to Improve Mental Wellbeing and Boost Mental Health

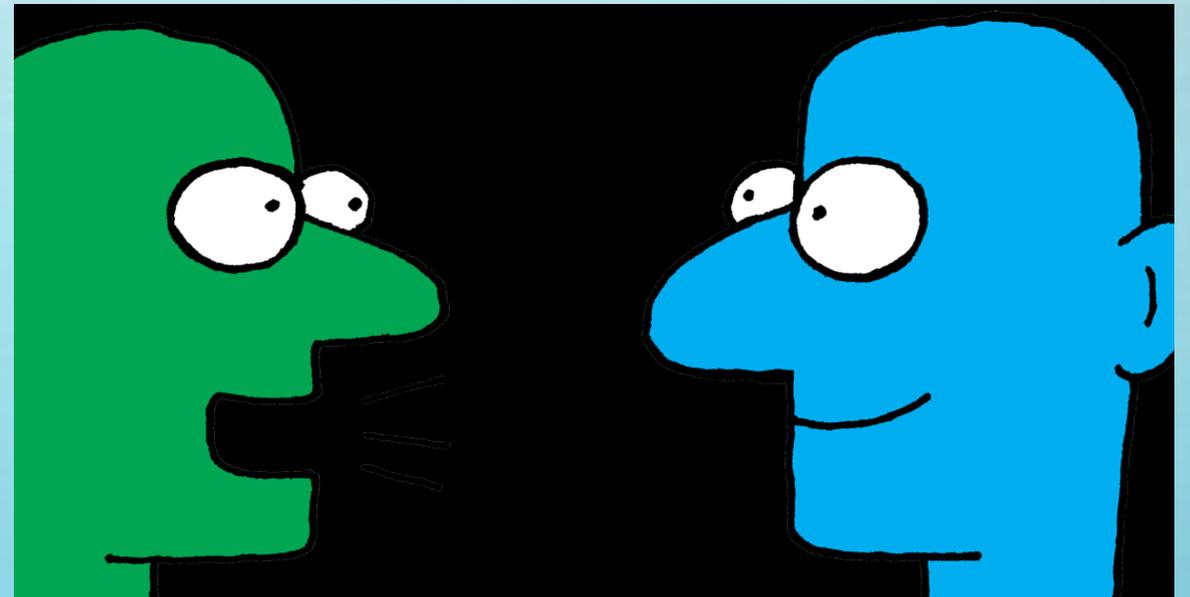
1. Talk about your feelings

- Many people feel more comfortable when these conversations develop naturally - maybe when you're doing something together
- Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled

Copyright 2005 by Randy Glasbergen.
www.glasbergen.com



**“You want me to talk about my feelings?
Okay - I feel like talking about sports.”**



2. Keep active

- Regular exercise can boost your self-esteem and can help you concentrate, sleep, and feel better
- Exercising doesn't just mean doing sport or going to the gym. Walks in the park, gardening or housework can also keep you active.



3. Eat well

- Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body
- A diet that's good for your physical health is also good for your mental health



4. Drink Sensibly

- We often drink alcohol to change our mood
- Some people drink to deal with fear or loneliness, but the effect is only temporary
- When the drink wears off, you feel worse because of the way alcohol withdrawal symptoms affect your brain and the rest of your body
- Drinking is not a good way to manage difficult feelings
- 14 units a week for both men and women
- Many people also smoke or use drugs or other substances to change how they feel. But, again, the effects are short-lived. Just like alcohol, the more you use, the more you crave. Nicotine and drugs don't deal with the causes of difficult feelings. They don't solve problems, they create them.

5. Keep in Touch

- There's nothing better than catching up with someone face to face, but that's not always possible
- You can also give them a call, drop them a note, or chat to them online instead. Keep the lines of communication open: it's good for you!
- It's worth working at relationships that make you feel loved or valued
- But if you think being around someone is damaging your mental health, it may be best to take a break from them or call it a day completely. It's possible to end a relationship in a way that feels ok for both of you

6. Ask For Help

- None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan
- If things are getting too much for you and you feel you can't cope, ask for help. Your family or friends may be able to offer practical help or a listening ear
- Local services are there to help you – see resources

7. Take a Break

- A change of scene or a change of pace is good for your mental health
- It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work, or a weekend exploring somewhere new
- A few minutes can be enough to de-stress you. Give yourself some 'me time'
- Box breathing technique

8. Do Something you are good at

- What do you love doing?
- What activities can you lose yourself in?
- What did you love doing in the past?

- Enjoying yourself can help beat stress
- Doing an activity you enjoy probably means you're good at it, and achieving something boosts your self-esteem

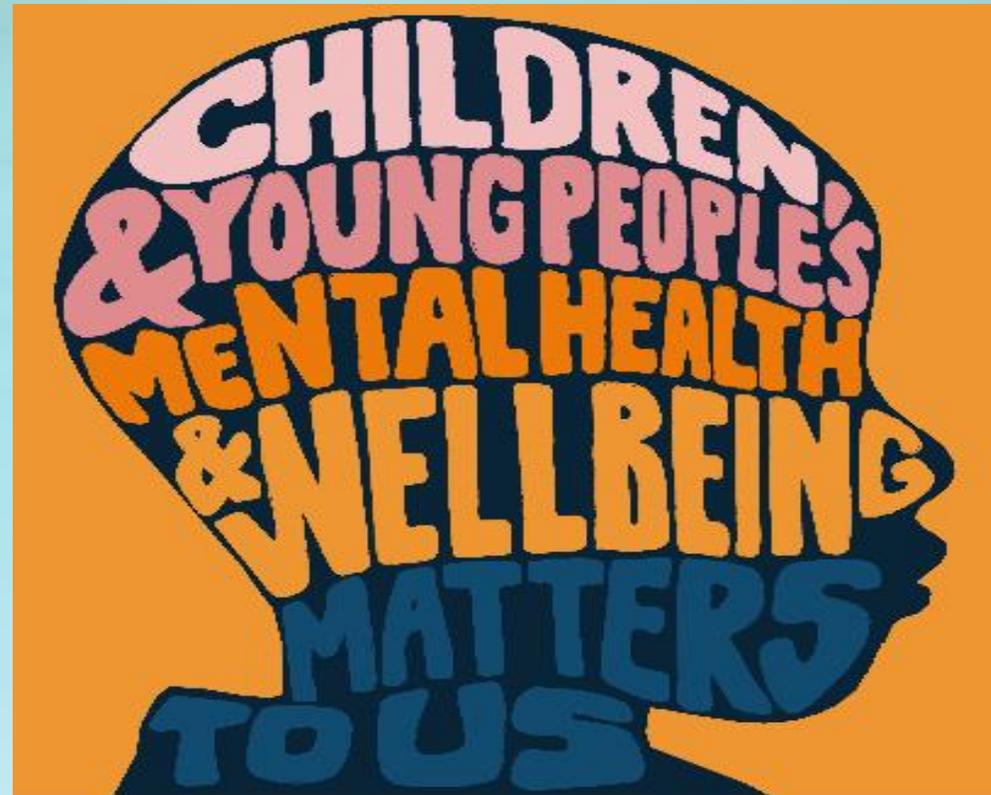
9. Accept Who You Are

- We're all different
- It's much healthier to accept that you're unique than to wish you were more like someone else
- Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends
- Good self-esteem helps you cope when life takes a difficult turn

10. Care For Others

- Caring for others is often an important part of keeping up relationships with people close to you
- It can even bring you closer together
- What can help in your community – any ideas would be great to hear from you
- Why not share your skills more widely by volunteering for a local charity? Helping out can make us feel needed and valued and that boosts our self-esteem
- www.do-it.org.uk

Mental health in Children and Young people



Signs that something is wrong

It can be difficult to know if there is something upsetting a child or young person, but there are ways to spot when something's wrong.

Look out for:

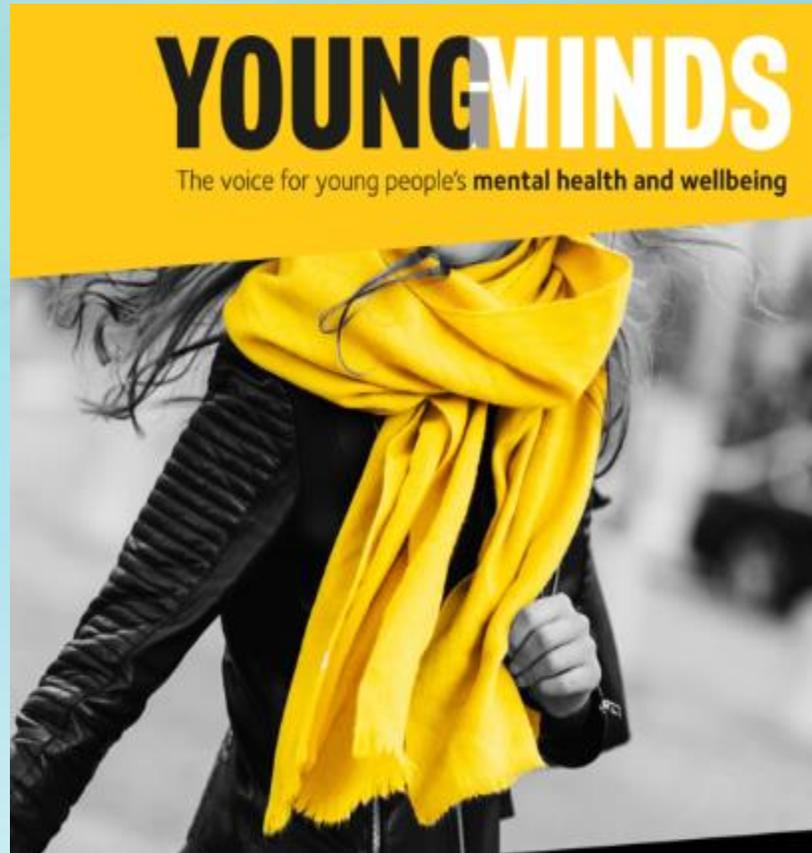
- significant changes in behaviour
- ongoing difficulty sleeping
- withdrawing from social situations
- not wanting to do things they usually like
- self-harm or neglecting themselves

Remember, everyone feels low, angry or anxious at times. But when these changes last for a long time or are significantly affecting them, it might be time to get professional help.

You know your child / friend better than anyone so, if you're worried, first think if there has been a significant, lasting change in their behaviour.

Starting the conversation

Try and talk during a shared activity – see the NHS Young Minds Website for some ideas #Take20



Some ideas to start the conversation

- How are you feeling?
- What do you want to talk about?
- What was the best and worst bit of your day?
- If you could start today again, what would you do differently?
- What did you do today that you are most proud of?

- What was the biggest problem you had today?
- Do you want to talk about what's going on?
- How can I support you through [issue]?
- Is there anything that you need from me? Space, time to talk, time to do something fun...?

How to encourage the conversation

- I love you, nothing can ever change that
 - You can talk to me, I'm here for you
 - If you need to talk to someone else, that's okay too
 - If you talk to me about what is worrying you, I can do my best to help
 - Even if I don't understand, know that I want to
 - We're going to get through this together
-
- Keep talking about your feelings – if it is normal to share positive feelings it may be easier to share negative things as well

What to do if they do say they are struggling

- **Thank them for sharing** what's going on, be encouraging about the way they've opened up and acknowledge how they're feeling.
- **Let them know that you love them**, you're there for them, they can talk to you whenever they need to, and you can help them get support if they need it.
- **Ask them if there's anything you can do** that they would find particularly helpful.
- **Spend time together thinking about what's making them feel this way.** It could be something at home or school, a relationship with a friend or family member or something else. Discuss whether there any changes that could be made to help make things easier.

Mental health in peoples own words



- Let your child know about the helplines, textlines and online chat services that are available if they need to talk to someone outside the family
- If you think your child needs professional support to feel better you can speak to your GP, You can speak to your GP with or without your child.
- If your child needs emotional support and help to make sense of their feelings, they might benefit from seeing a counsellor or therapist. You can to access this for free through your GP or your child's school.

If you're not sure what to do, you can call the Young Minds Parents Helpline on 0808 802 5544 for free information, advice and support. We're open Monday to Friday from 9.30am–4pm



How to provide emotional support to your child

Five ways to mental wellbeing – the evidence based way to help mental wellbeing

Try and do this every day !

- Connect
- Learn
- be Active
- take Notice
- Give
- CLANG



Confidentiality

We provide a confidential service to all our patients, including under 16s. This means that you can tell others about this visit, but we won't.

The only reason why we might have to consider passing on confidential information without your permission, would be to protect you or someone else from very serious harm. We would always discuss this with you first

Self harm

Self-harm is when you hurt yourself as a way of dealing with very difficult feelings, painful memories or overwhelming situations and experiences. Some people have described self-harm as a way to: express something that is hard to put into words. turn invisible thoughts or feelings into something visible. change emotional pain into physical pain. reduce overwhelming emotional feelings or thoughts

Common forms are

Skin Picking/Scraping/Burning and Hair Pulling.
Cutting.
Binge Eating and Starvation.

Self Harm

People may self harm for a number of reasons including

- Bullying
 - Loneliness
 - Trauma
 - Struggling with emotions
 - Feeling low
 - Bottling up emotions
-
- Sometimes people self harm because they have suicidal feelings – if you are having suicidal thoughts then get help NOW by calling the GP, 111. the Samaritans or the Mental Healthline

If you are self harming then the first thing you can do is reach out to someone you trust

- Self-harming often causes feelings of shame, guilt and loneliness, but the truth is you aren't alone!
- Think about someone you can trust in your life like a parent, a teacher, your GP or a youth worker. Then think about how you could tell them that you are self-harming. If talking about self-harming seems too scary, maybe find another way to tell them: texting, drawing or writing a letter may be more comfortable.
- If you don't know how to ask for help, think about what problems in your life you are trying to cope with. It might be easier to talk to someone you trust about that problem first. Write down some key areas in your life, and ask yourself: Is there something here making me unhappy?



Helpful resources e-wellbeing.co.uk



[About](#)

[Coronavirus](#)

[Feelings](#)

[Speak to someone](#)

[Schools](#)

[Campaigns](#) ▼

[Help Now](#)

Would you like to make a difference to the wellbeing of young people? For exciting volunteering opportunities [click here!](#) ×

[Quick Exit](#) ↗

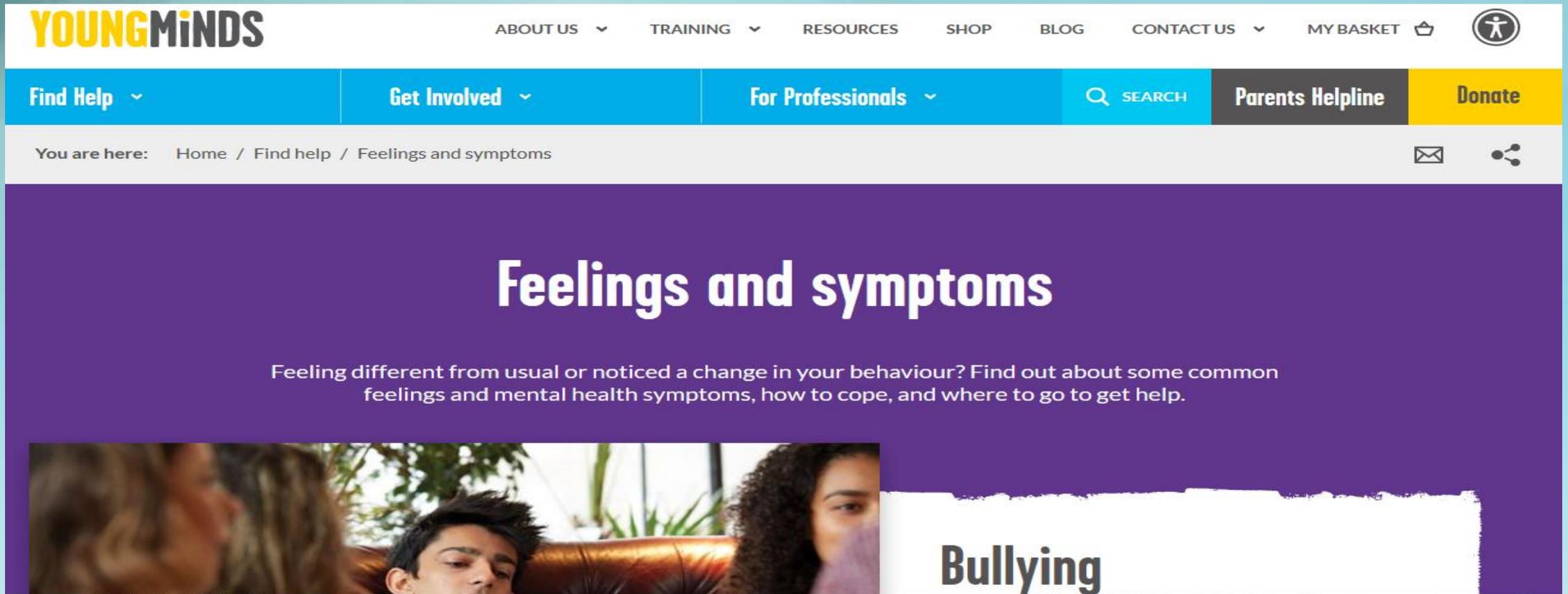
Who are we?

e-wellbeing is a digital wellbeing service for young people, run by YMCA DownsLink Group. Our aim is for all young people to be able to access the right support and information around their emotional health and wellbeing, in the right place, at a time that is right for them.



Helpful resources

<https://youngminds.org.uk/>



YOUNGMINDS ABOUT US TRAINING RESOURCES SHOP BLOG CONTACT US MY BASKET

Find Help Get Involved For Professionals SEARCH Parents Helpline Donate

You are here: Home / Find help / Feelings and symptoms

Feelings and symptoms

Feeling different from usual or noticed a change in your behaviour? Find out about some common feelings and mental health symptoms, how to cope, and where to go to get help.



Bullying

Where to get help

www.stpetersmedicalcentre.co.uk



The screenshot shows the homepage of St Peter's Medical Centre. At the top right, there is a search bar with a magnifying glass icon and a hamburger menu icon. The main heading is "St Peter's Medical Centre" in white text on a dark blue background. Below the heading, there is a grid of blue buttons with white text, arranged in three rows. The first row contains four buttons: "Flu Clinics", "New Patients", "Appointments", and "Prescriptions". The second row contains four buttons: "Services", "Mental Health Support", "Carers Advice", and "Young People". The third row contains three buttons: "Patient Record", "Health Advice and Looking After Yourself", and "eConsult".

Search 

St Peter's Medical Centre

Flu Clinics	New Patients	Appointments	Prescriptions
Services	Mental Health Support	Carers Advice	Young People
Patient Record	Health Advice and Looking After Yourself	eConsult	

Helpful resources

APPS TO DOWNLOAD

www.calm.com/

www.headspace.com/headspace-meditation-app

www.nhs.uk/apps-library/thinkninja

PODCASTS

www.bbc.co.uk/programmes/p078w9pg

TIKTOK

www.bbc.co.uk/news/av/uk-england-hampshire-51706717/tiktok-and-mental-health-the-psychologist-sharing-advice

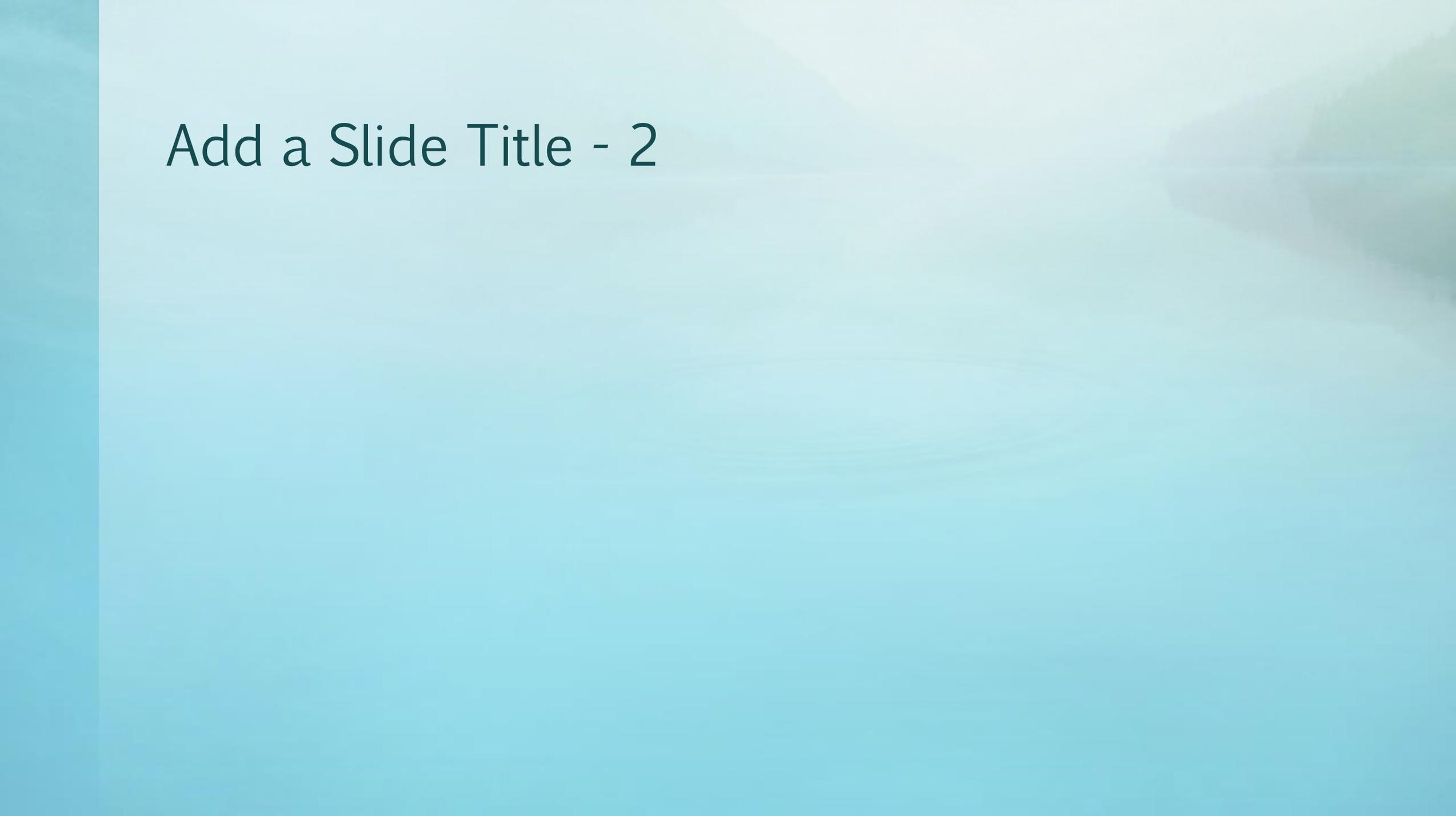
WEBSITES

- www.brightonandhovewellbeing.org/uk
- www.talktofrank.com
- www.harmless.org.uk/
- www.thecalmzone.net/
- <https://nopanic.org.uk/youth-hub/>
- www.kooth.com

- Fact sheet Mental ill health in LGBT+ and BAME communities 06012020.pdf
- Youth Half Day Statistics 06012020.pdf
- Access below
- <https://mhfaengland.org/mhfa-centre/research-and-evaluation/mental-health-statistics/#perceptions>
- CALM Campaign Against Living Miserably
https://www.thecalmzone.net/get-involved/join/?gclid=EAlaIQobChMIgen_3oGy7QIVzcLtCh1XvwNyEAYYAIAAEgJMavD_BwE

Questions



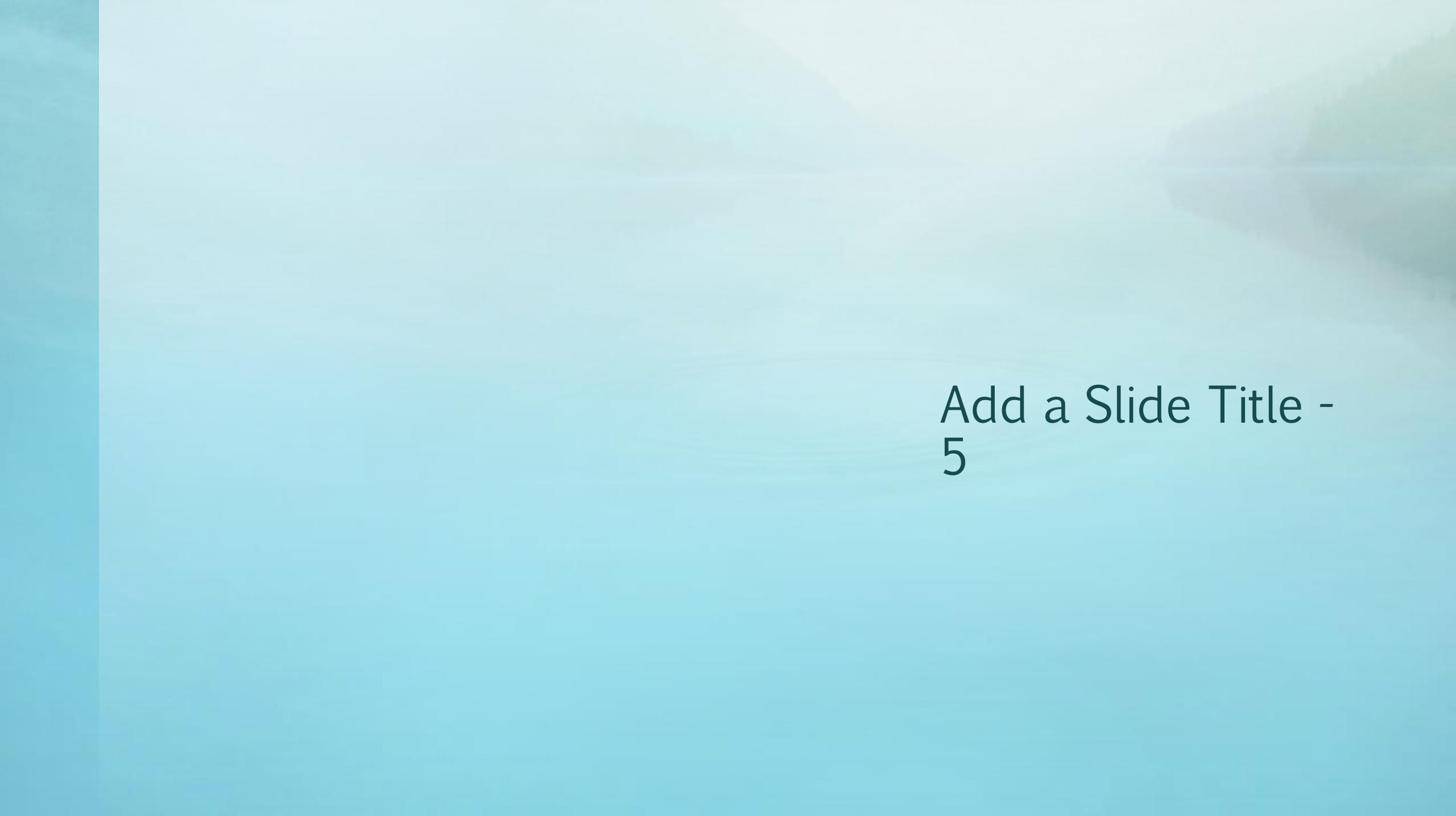
A serene landscape featuring a calm lake in the foreground, with mountains and a forested shore in the background. The scene is misty and peaceful, with a light blue and green color palette. The text "Add a Slide Title - 2" is overlaid on the upper left portion of the image.

Add a Slide Title - 2

Add a Slide Title - 3

A misty lake with mountains in the background. The water is calm, reflecting the surrounding landscape. The mountains are covered in greenery and partially obscured by a light mist. The overall scene is serene and peaceful.

Add a Slide Title -
4



Add a Slide Title -
5